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## *Homemaker Reflections*

IOWA COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION

October ~ December 2022

Dear HCE Friends,

Fall is here! Do you like the Fall Season? I love many things about fall:

- ◆ Falling multi-colored leaves that rustle as we walk through them
- ◆ Corn, beans, and other crops that are harvested
- ◆ Cool nights and warm days
- ◆ Green Bay Packers football, and Wisconsin Badgers football and volleyball
- ◆ Pumpkins, gourds, and colored corn
- ◆ and much more!



Now on to HCE and our fall schedule:

☀ Iowa County will be hosting the Fall Southwest District meeting this fall on October 27. I hope you are able to attend. Check out the article on page 3 for more information.

☀ The Project Lesson for September (Dressings, Sauces, Dips, and Appetizers) contained many wonderful recipes. Have you tried any? What is your favorite? Did your club meet and choose their favorite?

☀ Ruth presented the training for the October lesson on Gratitude early in the month. Did your club have someone attend?

☀ The November lesson will use materials from the program at the Fall District meeting focused on writing a book and homesteading. Did any of your ancestors homestead?

It's HCE election time. You should have received a ballot and a return envelope. We hope to have ballots back by October 28.

Please take a few moments to read the rest of this newsletter. Be sure to read the reports from the recent State WAHCE conference by Lynette, Jeanne, Eileen, Jean, and me. We learned a lot!

Happy Fall!

Deb Ivey, President

## ***Upcoming Dates for Iowa County HCE***

October 17: District meeting reservations due to Jeanne  
October 27: HCE Fall District Meeting hosted in Iowa County (article below)  
November 6-12: HCE Week in Wisconsin  
December 1: HCE Board Meeting  
December 15: Newsletter deadline for January/February



### ***November Project Lesson - Women as Homesteaders***

While researching her own family history, one author discovered more than ancestors...she found stories of some very strong women! Learn to gather stories of strong women in your own family. This lesson will be presented by Elaine McCann during the HCE District Meeting on October 27. Clubs not able to attend can pick up their materials at the Extension Office after October 27.

### ***Iowa County Hosts Fall District HCE Meeting***

All Iowa County HCE members are invited to join us as we host the Fall Southwest District HCE Meeting on Thursday, October 27 at the Barneveld Lutheran Church. Please note: If you haven't registered yet & plan to attend, CALL JEANNE LISSER @ 608-228-1098 so we have an accurate meal count. HCE members from Lafayette, Green, Richland, Sauk, and Columbia Counties have been invited. The day will begin with refreshments at 9am, programs ("Women & Homesteading" and "I Wrote a Book & You Can, Too"), cornhusk doll making & butter-churning, lunch, and a business meeting. The cost is \$15/person, payable to Iowa County HCE.

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### ***State Conference Cultural Arts*** – Lynette Miess, Cultural Arts Chair

Our members did extremely well at the state conference cultural arts show. Unfortunately, I was unable to go due to family exposure to Coronavirus. How disappointing. Thank you Deb and Jeanne for taking the entries for us. Thank you Jean for helping in the Cultural Arts room during the judging. All our Iowa County entries received first place:

- Crocheted throw by Ann Johnsrud
- Counted cross stitch by Lu Borchering
- Diamond dot picture by Lynette Miess
- Quilling by Peggy Storms
- Scrapbook by Jean Slapak
- Quilt\* by Ann Johnsrud
- Wall hanging\* by Dolores Murphy



\*Congratulations to Ann and Dolores on their special merit medallions!

Linda Gard and Carol Davidson chose not to send their items for judging as they were gifts.

There were 334 entries in the state cultural arts show. \$900 was raised from the silent auction to pay for the show. Thank you to Nancy Carden for donating a table runner for the raffle, which Deb Ivey won!

## **State HCE Conference Report - Deb Ivey, President**

The “Rolling on the River” State HCE Conference in Onalaska was a fun, first time experience for me. I got to know Jeanne, Jean, and Elaine better and met fellow HCE members from throughout the state. We arrived early on Monday to deliver the Cultural Arts entries. There were 245 members in attendance, including 17 one-day attendees, 38 first-timers, and 7 men.

As President, I attended the business meeting where we approved the budget, elected officers, and discussed several motions. It is interesting to see how decisions are made. NOTE: There will be a state dues increase back to \$5 per member for 2023. Overall, membership in the state is declining; however, Iowa County received an award for adding 3 new members in 2022!

There were many excellent educational sessions. I attended one on Advanced Directives, which provided information on writing a Living Will and designating a Power of Attorney (POA) for Health Care. This is important information for all HCE members. Another session I attended reviewed how to use prairie wildflowers for attracting pollinators. The “Casting for Membership” session focused on promotional materials to recruit new members.

International support, especially for Nicaragua, continues to be a focus for Wisconsin HCE. A collection for “Pennies for Friendship” garnered \$520, which will go to “Bee Keeping in Nicaragua”. The Silent Auction, with 217 items, raised \$3,542 for international efforts also. Iowa County’s donation was a basket labeled “BBQ So Good You Will Lick Your Napkin”, which included sauces from Bob’s BBQ, a T-shirt, a basting brush, skewers, and a book on barbecuing.

I encourage you to consider attending this conference in the future. The 2023 conference will be at the Wintergreen in Lake Delton, and you can choose to attend the whole conference or just for one day. Feel free to contact me with questions or comments.

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## **State HCE Conference Report - Jeanne Lisser**

At the WAHCE Conference dinners and luncheon in Onalaska, our entertainment was excellent. Lisa David Olson, a humorist, TEDx speaker, and skilled in improvisation was the very funny keynote speaker. Our luncheon entertainment was a visit by Frankie LaSalle (the alter ego of Kelly Krieg Sigman), who was a madam in La Crosse in the 1850’s. It was a surprising and fun historical presentation called “Dark La Crosse”. Search on YouTube (“Lisa David Olson” or “Dark La Crosse Episode 11”) if you want a sample of their presentations.

The topics for the sessions I attended were varied and well worth my time: “Murder in Wisconsin”, “Your Leadership Legacy”, “Protecting Yourself in the Digital Age”, “Pride and Prejudice”, and “1850’s Norwegian Immigrant”.

To protect yourself in the digital age, carefully check any e-mails you receive from people you don’t know. Be cautious and look for anything that may be suspicious or does not seem to fit. If someone is asking you for money or gift cards, that is a common scam. On social media, don’t set up with public access to your information and be aware that sending vacation information and pictures could tell a thief that you are not home. Make your passwords difficult by using 12 characters, capital letters, and special characters; also, don’t reuse passwords. You can have your passwords on lastpass.com which is a free safe password manager. This is only a sampling of a good presentation with lots of information.

*(Jeanne’s report continued on next page)*

*(Jeanne's report continued)*

"Pride and Prejudice" was a thought-provoking presentation about our personal bias against things that are different. Our pride in our history may not include knowledge of the treatment of others (like Native Americans or immigrants). We learned how we might move forward and help everyone know they belong. The presenter was La Crosse UW Extension Educator, Heather Quackenboss.

Larry Knutson, an interpreter at Point Basse, a state and national historic site in central Wisconsin, presented the story of a Norwegian immigrant in Wisconsin in the 1850's. He told about the reasons they might have left their homeland, the costs, sailing to the US, and the life experiences of work, wilderness hunting, and logging. He shared letters home from early immigrants. It was an interesting presentation, and it made me think a visit to Point Basse might be in my future.

The Silent Auction raised funds for International projects. I made many trips to bid on items, and my bid won a nice reversible apron. We were closely watching our offering, too. Our Barbecue Basket raised \$40. There were many beautiful items in the Cultural Arts show, and our member-entries were very successful. The venue was nice, and the Conference was well planned. It was great to see old friends from past conferences! Hopefully, more of our members will choose to attend a conference. Our district will be hosting in 2023 in Wisconsin Dells. It will be close to home and a good opportunity to attend.

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### **State HCE Conference Report - Elaine McCann**

I was privileged to attend the WAHCE conference in Onalaska. As a "first timer", I found the three days a wonderful getaway to learn, socialize, and laugh. As one of 247 participants, I applaud the community, state, and international projects. HCE is more than I had anticipated!

My first session was "Murder in WI, The Clara Olson Case" with lecturer and author Larry Scheckel, from Tomah, WI. Larry adeptly tells an intriguing murder mystery set in Crawford County in 1926. He has researched every possible avenue to provide insights into the case. From historical references and interviews with family and community members, he was able to make a dry subject palatable by interjecting farm and rural small town mannerisms and values from the 1920's.

Every detail of the murder of a Norwegian Lutheran farm girl "who was in a family way" is revealed (note that Larry was sure not to reveal them ALL, to entice you to read the story). As with any "who done it" case, family members, hired men, her suitor, and even strangers were suspected. What made the initial investigation so difficult was that they didn't know that Clara was deceased for 3 months. The family's frustration and the investigators' confusion were covered by local, state, national, and European newspapers. Of course, I purchased the book!

My second session was "Your Leadership Legacy" with Sarah Fecht, a motivational speaker. Her theme was how to be a better person yourself, so as to be a better leader (influence) on others. Good leaders need to start by loving themselves, having good self esteem, being kind to themselves, and surrounding themselves with positive support. Leaders with high Emotional Quotients versus business IQ have employees, acquaintances, and friends who respect and look up to them. Since leadership is INFLUENCE, it is not surprising that in our lifetime we can affect 10,000 people. Our ability to connect with people and relate to or learn from them increases our ability to help others. We improve ourselves by seeing an opportunity to positively change.

What gifts do we have to share? Are we reliable and nonjudgmental? In closing, she quoted Madeleine Albright: "There is a special place in hell for women who don't help other women". In my own words, those who neglect to love your neighbor as yourself will have the same end.

## State HCE Conference Report - Jean Slapak

On September 19<sup>th</sup>, Elaine McCann and I set out for an adventure at the WAHCE Conference. When we arrived, she attended a water color class while I went to the Cultural Arts room to help the judges view the quilts, grade them, and re-fold them. We checked out the silent auction and bid on a few items (we both won one!). Then, after dinner, we were entertained by a stand-up comedian named Lisa David Olson and her husband. Next was a quick trip to the Cultural Arts room to start narrowing down what would be our final viewers' choices. Our county had a very good showing and two beautiful medallion winners: Ann Johnsrud's quilt and Doloris Murphy's wall hanging.

Tuesday morning we had a nice breakfast, and I heard Tony Yang speak. He is a Hmong from La Crosse. He spoke of his early life in Laos and his journey here. He arrived at age 15, not able to speak a word of English. He sat by himself in school and learned the ABC's, 123's etc. He is now an Associate Professor at UW-La Crosse as well as a co-director of Hmong Education program and many other organizations to help immigrants adjust in our country. His journey was heart-breaking. Out of nine cousins close in age, he was the only one who survived their four years hiding in the forest, twenty nights walking to Thailand, crossing the Mekong River (called the "river of death") at night and living in a refugee camp in Thailand for eight years, where they were given food three times a week. Between 15 and 20 thousand people died crossing that river. His mother held a pencil for the very first time at age 35. They all had their very first schooling, and she found a job in a factory, where she worked until she was 70. She didn't want people to think she was lazy, and they had a hard time getting her to retire.

My next session was called "Health Matters with April". She talked about mindful eating, mindful living, etc. I left that room thinking, "We could all be so much better people if we just worked on it a little." Our program after lunch was a "madam" from early La Crosse history. She told a lot about life there earlier on and was entertaining also. I also took in programs about "Advance Planning" and "Pride and Prejudice". That was partly about the Indians, where they lived, and how they were treated. Our dinner program was singing by the Apple Annies...there were old-fashioned tunes sung there!

Wednesday morning, I went to "Support your Immune System with Good Nutrition." The speaker was very good and very knowledgeable; she told so many facts she made my head spin! We can hear all this, but it's hard to really remember much of it.

After our luncheon, we sang an invitation to everyone for next year's conference, as it will be in Southwest District. Elaine and I had a very good time, and we really felt it was very worthwhile. One lady we sat by at lunch said that she had been a member for 36 years, and after she went to one conference, she never missed another one.



## **No Holiday Fest**

At the August Board meeting, it was decided to cancel Holiday Fest again this year. The potential date was very close to the Fall District Meeting that Iowa County is hosting. We encourage members and clubs to attend the Fall District Meeting instead of Holiday Fest this year.

## **Save the Date!**



We appreciate the generosity of Culver's on their "Share Days" each year. To help fund our HCE scholarships and the Bookworms project, mark Tuesday, February 28 on your 2023 calendar. That's our next Culver's Share Day for Iowa County HCE. Hope to see you there! We'll let you know what we need for help and for promoting this event in early January.

## **HCE Program Planning for 2023**

The Program Planning Committee is collecting ideas for project lessons in the coming year. See the ideas in the recent mailing (that also contained the ballot) and let us know your preferences and ideas. Sharing your ideas makes our organization responsive to your interests!



# *Homemaker Reflections*

Iowa County Association for Home & Community Education

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